

(C) Both teams.

1. Knowledge of essential playing rules.

C. Advanced Skills.

- (A) Placing batted ball.
- (B) Bunting.
- (C) Pitching curved balls.
- (D) " " slow " "
- (E) Hiding for base.

D. Advanced Knowledge.

(A) The team at bat.

1. Knowledge of where the ball should be hit in relation to fielders & basemen.
2. Real coaching ability.
3. Knowledge of when a bunt or a sacrifice play should be used.
4. Ability to pick out weaknesses in the other team.

(B) The team in the field.

1. A thorough understanding of backing up so that each player is covered.
2. Anticipation --- play to the left for left-handed batters & to the right for the right-handed batters.

(C) Both teams.

1. A more thorough knowledge of the rules of the game.

Formations of Practicing Baseball Skills.

I Single Column

\underline{X} 3
 \underline{X} 2
 \underline{X} 1

1. Especially suitable for following:-

- (A) Base running practice
(b) fielding practice.

2. Example.

(A) Single column lined up behind homeplate. No 1 starts to run the bases. As soon as she reaches 1st base no 2. starts, etc.

(b) Can be used as relay with a second line behind 2nd Baseball.

II Shuttle Formation

\underline{X} 7
 \underline{X} 5
 \underline{X} 3
 \downarrow \underline{X} 1

1. Especially suitable for following:-

(A) Throwing & catching relay.

(b) " " bunting " "

(c) Picking up grounders " "

\uparrow \underline{X} 2
 \underline{X} 4
 \underline{X} 6
 \underline{X} 8

Example.

(A) No 1. throws to no. 2 who catches & throws back to no 1. No 1 steps to the end of her line after throwing. The throwing & catching is con. until no 1. again heads her line.

(b) No 1. tosses to no 2 who bunts back to no. 3. No 3 tosses to no. 4 etc.

The bat is handed to the player behind as soon as the ball is hit.

III Zigzag Formation

\underline{X}^1 \underline{X}^3 \underline{X}^5
 \underline{X}^2 \underline{X}^4 \underline{X}^6
 (c) Relays.

1. Especially suitable for following:-

(A) Throwing & catching

(D) " " fielding.

1. Example

(A) No 1 throws ground to no. 2 who throws no 3. etc.

(B) Side arm throw relay. The ball starts with no. 1. and is thrown zigzag back & forth until it reaches no. 8.

Teacher Class Formation.

$\overrightarrow{X} \overrightarrow{X} \overrightarrow{X} \overrightarrow{X} \overrightarrow{X} \overrightarrow{X}$

1. Equally usable for the following.
(A) Any throwing, catching, fielding combination.

(B) With advanced classes it can be used for hunting practice.

2. Example:

No 2 starts the ball tossing it to no. 1. No 1 sends it to no 3. who tosses it back. This is continued until the ball reaches No. 6. No. 6 throws it to no. 1 for a catch. No. 1 goes to head of line with the ball & no. 6 takes position for hunting. The bat should be dropped in place as no. 1 leaves her place.

Facing Lines

$\begin{array}{ccc} 1 & 3 & 5 \\ \overline{X} & \overline{X} & \overline{X} \\ \underline{2} & \underline{4} & \underline{6} \\ X & X & X \end{array}$

1. Equally useful for the following:-

(A) Throwing, passing, catching, fielding, hunting.

2. Example:-

342 All odd numbered players with balls are pitchers, all even numbered players are catchers. The balls are pitched and caught, then positions are reversed.

Three lines

1's X X X

2's X X X

3's X X X

1. Especially good for the following:
Pitching, catching, bunting combinations

2. Example: Nos. 1 pitch to nos 2
bat to nos 3 catch. Work to have the
batter place the ball to the pitcher.
Rotate positions.

Groups of Four.

X 2

X 1

X 3

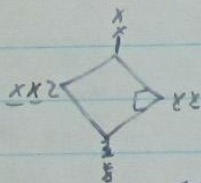
2. Example:

1. Especially good for the following:
(A) Pitching, catching, directing
batted ball.

No 1 bats, directing ball to no. 2
and no. 3 alternately.

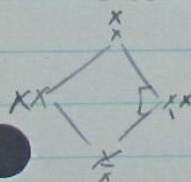
Miscellaneous Practise.

1. Throwing & Catching.



The ball starts with the
first player behind home plate
and is thrown consecutively around
the bases, 1st, 2nd, 3rd, home.

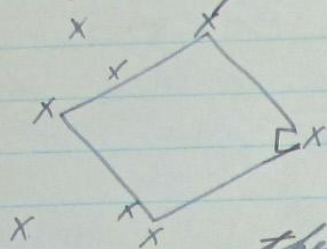
Throwing & Catching Relay.



1. Balls are provided for the 1st
player behind home, and the 1st player
behind 3rd.
2. The X team throws & catches
between home and 2nd & the Y team behind
1st & 3rd.
3. Each player steps to the end of
the line after throwing.

4. The relay is over when the ball is returned to the player who 1st threw it.

3. Fielding & Throwing.



1. Player standing in the batter's box in possession of 5-6 balls.

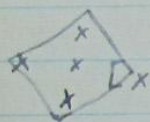
2. A ball is throw out into the field, is fielded and thrown 1st, 2nd, 3rd & home.

3. Each player steps to the end of as the ball is thrown for home a 2nd ball should be thrown from the batter box.

4. The same practice can be used by with batting instead of throwing.

4. Bunting Practice

1. Batter at home plate in possession of 6 balls.

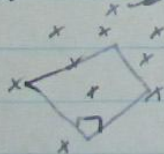


2. The balls are bunted in this rotation to 3rd, to pitch, to 1st and repeat.

3. The fielded ball should be thrown around the diamond, 1st, 2nd, 3rd, home.

4. Positions are rotated after 6 balls.

5. Single Team Practice.



1. Players are placed as runners at various positions on base.

344 2. Batter calls "two men out and runner on 2nd" and hits the ball into the field.

3. The batter does not run but other baserunners advance as they would in a game situation. Fielders attempt to make the outs.

4. Runners may be stationed on any base and Number out called.

5. Good practise in teaching players to play the ball to the proper base for an out.

Baseball Bridge.

1. The lineup and general rules are the same as for baseball.

2. The team at bat hits to make a certain number of runs during the inning.

3. The team in the field bids to hold them to any no. less than their bid. Scoring is as follows:-

Team A at bat.

Team B in the field.

A bids five runs

B bids to hold them to 3.

Possibilities are

1. A makes more than they bid - 6 runs.

A scores 2x no bid plus additional ---- 11

B scores ----- 0

2. A makes the no. bid ----- 5 runs

A scores 2X number bid - - - - - 10

B scores - - - - - 0

3. A makes less than no. bid, but more than

B bid - - - - - 4 runs.

A scores - - - - - 0

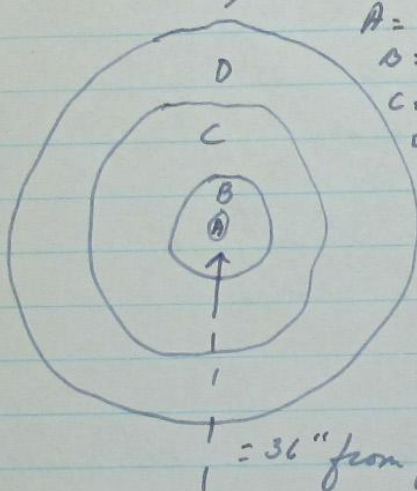
B " - - - - - 0

4. B holds A to their bid - - - 3 runs.
 B scores 1 for each no. bid - - - 3
 A scores - - - 0
5. B holds A to less than bid - - - 2 runs.
 B scores no. bid plus additional - - - 4
 A scores - - - 0

(The scoring system looks complicated but after using several times it ceases to be so involved.

Self Testing Activities.

I. Pitching & Throwing for Accuracy.



A = 3" radius

B = 8" wide

C = 10" "

D = 12" "

1. Target as indicated is marked on ball, with the centre of A 36" from the ground.

2. Throwing line may be any distance from the target depending upon the fundamentals being scored. 24" is suggested as a minimum.

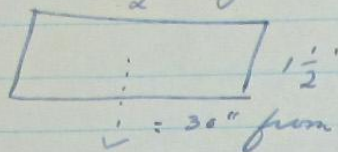
3. Scoring

A	..	4
B	..	3
C	..	2
D	..	1

A ball hitting a line is given the higher score.

4. Each player given 10 balls and the score is the total.

11) Placing Batted Balls.



1. Player stands 25' from the target, marked as indicated.
2. Ten trials are given, player tossing own ball to bat.
3. Score is one if any part of the target is hit, 0 if the target is missed completely.

11) Base running Test.

1. Buddy is needed in this test in order to score.
2. Runner starts at home plate and runs around the diamond, touching each base in succession.
3. Time is taken from the word "Go" until the runner again touches homeplate.
4. Runner should be sure to start with 1 foot touching home plate.

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Errata for the Hussars

In the diagram couple 1 should be opposite 2 and 4 opposite 3.

Figure 1 B, Meas. 9-16, repeated by couples 3 and 4.

Figure 2 A, 21-24, in formation as for Meas. 19-20.

All move forward 4 steps and backward 4 steps.

Figure 2 B, Meas. 9-24, repeat figure 1 B.

Strategy in Girls Soft Ball.

Team at bat.

(A) Batting Order.

The order should be arranged for scoring power. The lead-off man's objective is to get on base. Many lead-off men are difficult to pitch to and able to beat bunts. The second batter should hit to right fielder. Good place for a left-handed hitter who hits to right field. Third batter should be the most consistent hitter. 4th & 5th hitters should be longest hitters. The other players should be arranged in approx. ability.

(B) Team work in Batting.

3 ways to get to 1st base. 1st by hitting, 2nd getting base on balls, 3rd by bunting. When to hit, when to wait, ~~where~~ where to hit depends on 1st no of outs, 2nd position & speed of base runner (if any) 3rd score.

Few situations that will face the batter.

1. No one on base, ~~none~~ none out, no score, or score tied or own team ahead. Wait until pitch is good unless 2 strikes have been called. Try to have more balls than strikes. With 3 balls & no strikes wait on the next one unless it is good. Try bunting. With 3 balls and 2 balls try to strike.

2. Runner on 1st, no outs or 1 out, no score, score tied or own team ahead. Runner should be set & steal 2nd. 349